

Rivers of Life Church – 1st Steps of Faith

Lesson 1 – The Power & Purpose Of A Daily Quiet Time

Definition:

A quiet time is a daily time I set aside to be alone with God and know Him through reading His Word, praying, praising and listening to Him.

A. 3 Reasons For a Daily Quiet Time

1. We were created to have fellowship with God.
 - 1 Cor 1:9 (NKJV)
 - Rev 3:20 (NLT)
 - “Fellowship” involves 2-way communication; talking, as well as listening. There’s an exchange of thoughts and ideas between the parties concerned.

2. The source of Jesus’ strength was His regular time spent with the Father.
 - Luke 5:16 (NKLV)
 - Jesus often withdrew from the crowds and even from His disciples to be alone with God.
 - If Jesus needed time alone with God, how much more us

3. You can’t be a healthy, growing Christian without spending personal time with God
 - Matt 4:4 (NKJV)
 - Job 23:12 (NKJV)
 - 1 Pet 2:2-3 (NKJV)
 - A daily quiet time provides spiritual nourishment from God’s Word
 - Spending time with God is like taking a spiritual bath, whereby we allow the Holy Spirit to cleanse us and fill us with God’s presence

B. The Purpose of a Daily Quiet Time

1. To gain delight in God

- Remember that our purpose in life is to glorify God and enjoy Him forever (Psa 37:4; 16:11)
- Doing our quiet time isn't meant to be a religious ritual, but a relationship building time with God
- It involves thanking, praising and worship God and expressing our love to God in words and songs
– Psa 29:2 (NKJV)

2. To get direction from God

- Psa 25:4-5 (NKJV)

2 things we do during our quiet time

(i) Consider our way

- Take stock of and examine our lives in God's presence (Prov 4:26; Prov 3:6)

(ii) Commit our day to God

- Ask the Holy Spirit to direct your steps according to God's will (Psa 37:5)

3. To grow in godliness

- By spending time regularly with God, we will become more and more like Him
- 2 Pet 1:3-4 (NLT)
- Acts 4:13 (NKJV)